



1  
00:00:12,070 --> 00:00:09,910  
i guess i was kind of lucky in the fact

2  
00:00:14,870 --> 00:00:12,080  
that i knew from an early age exactly

3  
00:00:16,950 --> 00:00:14,880  
what i wanted to do and that was to fly

4  
00:00:19,910 --> 00:00:16,960  
so i decided to become a helicopter

5  
00:00:21,429 --> 00:00:19,920  
pilot in the army i'd already secured a

6  
00:00:22,630 --> 00:00:21,439  
place at the royal military academy

7  
00:00:24,470 --> 00:00:22,640  
sandhurst

8  
00:00:26,390 --> 00:00:24,480  
but they'd given me some advice and said

9  
00:00:27,589 --> 00:00:26,400  
well you're 17 at the moment we'd like

10  
00:00:29,910 --> 00:00:27,599  
you to get a little bit of life

11  
00:00:32,630 --> 00:00:29,920  
experience before coming to join the

12  
00:00:35,990 --> 00:00:32,640  
academy so at the age of 18 i didn't go

13  
00:00:38,150 --> 00:00:36,000

to university i took a year out and i

14

00:00:41,270 --> 00:00:38,160

decided to go on an operation rally

15

00:00:43,590 --> 00:00:41,280

expedition to alaska for three months

16

00:00:46,310 --> 00:00:43,600

now the expedition to alaska really was

17

00:00:48,869 --> 00:00:46,320

for me um quite a i think a pivotal

18

00:00:51,189 --> 00:00:48,879

moment in my life and one of the phases

19

00:00:53,510 --> 00:00:51,199

of our expedition was to kayak around

20

00:00:54,790 --> 00:00:53,520

prince william sound from valdez to

21

00:00:56,389 --> 00:00:54,800

whittier

22

00:00:58,790 --> 00:00:56,399

so we set off with about three weeks

23

00:01:00,389 --> 00:00:58,800

worth of food in our kayaks

24

00:01:01,750 --> 00:01:00,399

and it was after about a week and a half

25

00:01:03,830 --> 00:01:01,760

that we realized that we didn't have

26  
00:01:06,149 --> 00:01:03,840  
three weeks worth of food and our kayaks

27  
00:01:08,710 --> 00:01:06,159  
we'd only gone off with 50 of rations

28  
00:01:10,950 --> 00:01:08,720  
for one reason or another so we had to

29  
00:01:13,190 --> 00:01:10,960  
cut back and start foraging and fending

30  
00:01:15,910 --> 00:01:13,200  
for ourselves and we were fishing

31  
00:01:18,390 --> 00:01:15,920  
we were supplementing our food

32  
00:01:21,270 --> 00:01:18,400  
i think i've always been somebody who's

33  
00:01:22,789 --> 00:01:21,280  
enjoyed a challenge um i always enjoy

34  
00:01:23,830 --> 00:01:22,799  
both you know physical and mental

35  
00:01:28,230 --> 00:01:23,840  
challenges

36  
00:01:30,550 --> 00:01:28,240  
in life be that in my career as a

37  
00:01:32,710 --> 00:01:30,560  
military pilot or in my current career

38  
00:01:36,230 --> 00:01:32,720

as an astronaut i often go back to that

39

00:01:38,149 --> 00:01:36,240

period and draw on lessons learnt and

40

00:01:41,350 --> 00:01:38,159

use that experience really as a

41

00:01:44,950 --> 00:01:41,360

foundation for building on the future of

42

00:01:46,710 --> 00:01:44,960

how to deal with difficult situations